

## Do you have a hobby?

I think having a hobby that we enjoy and are passionate about brings us happiness and enriches our lives - so if you don't have one, I highly recommend doing some soul searching and trying out a few things, see if you can find the hobby that is right for you.

Someone recently told me that you need to '*make sure you put **your** oxygen mask on first, before helping others*' and it really stuck with me... How do I give my best to my family, my work, etc if I'm not looking after myself **first**?

So, my '*oxygen mask*' is sewing clothes and I absolutely LOVE it! I learned how to sew as a young girl, helping my Mom make clothes for us, and soft furnishings for our home. Now I'm not going to lie, I didn't really love the fact that she made our clothes as a kid and I think that's why until recently, I never even considered trying to make clothes. But around 18 months ago I took stock of my life and decided I needed a hobby, and since I'm not super into sports, or artistic or into crafts... I somehow came up with the idea of to try making clothes. Step one of my new hobby was to hit 'google' up for all kinds of tips and advice - from what sewing machine I should buy, to where should I source patterns, and fabric. Google is just amazing eh? From there I found Instagram, and YouTube - two more amazing sources of knowledge and inspiration... and I've not looked back. At this point, just about everything I wear, I made with my own two hands - it's just so incredibly rewarding.

Here are a few of my favourite makes.

If you have a hobby you are super passionate about - share some pics with us on Microsoft Teams please! If you do not have a hobby - start soul searching today!

All the best,

Lori

